



**AC DELRAY RUSH
U11/U12
9v9
CURRICULUM**

WWW.ACDELRAYRUSH.COM



INTRODUCTION

The objective of the U11/U12 Soccer Curriculum is to enhance the soccer experience of young players and coaches within our club. Coaches should use this curriculum as a GUIDE to help them develop their own practice plans based off their teams level of ability.

The game is the best teacher and learning revolves around both playing the game itself and being guided by a coach and teammates. The U11/U12 curriculum is based around the four main pillars of soccer;

TECHNICAL - PASSING & RECEIVING: Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving will be encouraged in all age groups. **SHOOTING** Players must develop the ability to shoot from different distances. All players will be encouraged to shoot from any distance during the game. **BALL CONTROL AND TURNING** Players will be encouraged to keep close control of the ball and use different turning techniques to move away from the defender.

TACTICAL - PLAYING OUT FROM THE BACK: All teams must feel comfortable playing the ball from the back through the midfield and from there to the final quarter of the field. **POSSESSION & TRANSITION** All teams must try to keep possession of the ball playing a one-two touch game. Players will be encouraged to support and move, thus creating passing options. Once the possession game is consolidated the team must learn how to transfer the ball in the most efficient way from one area of the field to another. **OFFENSE-DEFENSE QUICK TRANSITION & VICE VERSA** When possession is lost, players must react quickly and apply pressure to regain the ball. Once possession is regained, players will be positioned immediately to counter-attack.

PHYSICAL - SPEED & AGILITY These qualities will be evident in the game from the early ages. **ENDURANCE** Individual players and teams will train to be resilient to high-intensity action . **STRENGTH & POWER** Strong players develop their speed more quickly, prevent injuries and are more competitive in games.

PSYCHOSOCIAL - RESPECT & DISCIPLINE Players will adapt to a role on the team and respect teammates, coaches, referees and opponents. **COOPERATION** Each player will be part of a unit, and will cooperate with teammates to achieve the objectives for a given task, session or game, as well as for the entire season. **COMPETITIVENESS** Competitive players will be rewarded for their effort and focus.



TECHNICAL

Technical Dribbling Skills

- Dribbling to beat a player 1v1 (Skill moves like scissors, step over, body feint)
- Dribbling to retain possession of the ball (Turns like the Cruyff turn, outside, inside and stop turn)
- Running with the ball (Bigger touches out of feet into space, acceleration)

Technical Passing Skills

- Inside of the foot pass (ankle locked, center of the ball contact, follow through motion, weight of pass)
- Outside of the foot pass (shape of foot to connect with the ball, approach to angle to the ball, Center of the ball contact or side if curve is needed, follow through motion)
- Layoff Pass (advanced, cushion the ball into the direction your teammate wants the ball, weight of pass)

Technical Receiving Skills (Ball Control)

- Receiving the ball to keep possession (Control the ball away from the defender, first touch in the direction you want to play, inside foot touch or outside foot touch)
- Receiving the ball to turn (body shape to receive the ball side on, first touch into the space you want to play, awareness of defenders and teammates)
- Receiving the ball in the air (usually from a throw-in, cushion the ball, get the ball down to the ground as quickly as possible, work on ball juggling skills to help improve this)



TECHNICAL

Technical Finishing/Shooting Skills

- Side Foot Finish/Shot (Accuracy and technique over power, strike through the center of the ball, body over the ball, closer to the goal, awareness of GK positioning in the goal, find the corners)
- Laces Finish (Power over accuracy, strike through the center of the ball, toe down, follow through with entire body, usually further from goal)

Technical Defending Skills

- 1v1 Defending (Quick pressure on the ball, slow down before arriving at the ball, side on body position, low center of gravity for quick change of direction)
- 1v2 Defending (Passive pressure on the ball, try to block the ball carriers passing lane, delay the attackers until your teammates can recover)
- 2v2 Defending (First defender acts as if defending 1v1, second defender acts as cover, drops back slightly, body position to see both attackers, ready to pressure if the ball is passed to other attacker)





TACTICAL

At the U11/U12 level players are able to understand the basic and more complex roles of attacking and defending. Practice sessions should have players making decisions based around 1v1, 2v1, 2v2, 3v2 and 3v3 decisions, both offensively and defensively. The main component of the training session will be technical. It is sensible at this age to develop technique and tactical understanding.

Tactical Principles (Attacking)

- Objectives - Maintain Ball Possession, build up play into the opponents half, create scoring opportunities, score goals.

Core Principles (Attacking)

Penetration

- With a dribble, pass or shot

Support

- Support the player in possession (get open for a pass)
- Make forward runs to receive the ball
- Drop into space for a backwards or sideways pass

Width

- Use the width of the field to create more space and time on the ball. This will help spread the defenders out creating more time and space for the player in possession.

Depth/Mobility

- Use the length of the field to create depth for your team. Create options for forward passes by positioning yourself between defenders or in the spaces between the other teams lines. For example between the forwards and midfield or between the midfield and defenders

Improvisation

- Improvisation should be highly encouraged and must be coached. There are areas of the field where improvisation should be encouraged and discouraged. Benefits to the team can be extremely high in the attacking 3rd of the field, but the risks can be equally as profound when improvising in the defensive 3rd. At the U9/U10 age players with struggle with decision making when it comes to the areas of the field they should be improvising in.



TACTICAL

Tactical Principles (Defending)

- Objectives - Decrease playing space for opponent, Protect the teams goal, avoid shooting opportunities, recover the ball

Core Principles (Defending)

Pressure

- This is the role of the first defender (defender closest to the ball). Their main objective of this defender is the deny the penetration of the attacker.

Cover

- Second defender role. Provide angled depth behind the first defender
- Ready to pressure if the first defender is beat or if the ball moves
- Awareness of other attackers will help with the distance and angle they need to be from their teammate
- Communication with first defender

Balance

- Third defender role
- Stay compact and track runners off the ball
- Deny space
- Ready to cover or pressure if the ball moves

Delay

- In situations where the defender is out numbered they may need to delay the attackers in order to give their teammates time to recover
- Cut passing lanes
- Show attacker away from their support

Compactness

- Team must restrict space and make field smaller
- Team must hold their defensive shape
- Team communication is important



TACTICAL

Principles of Play

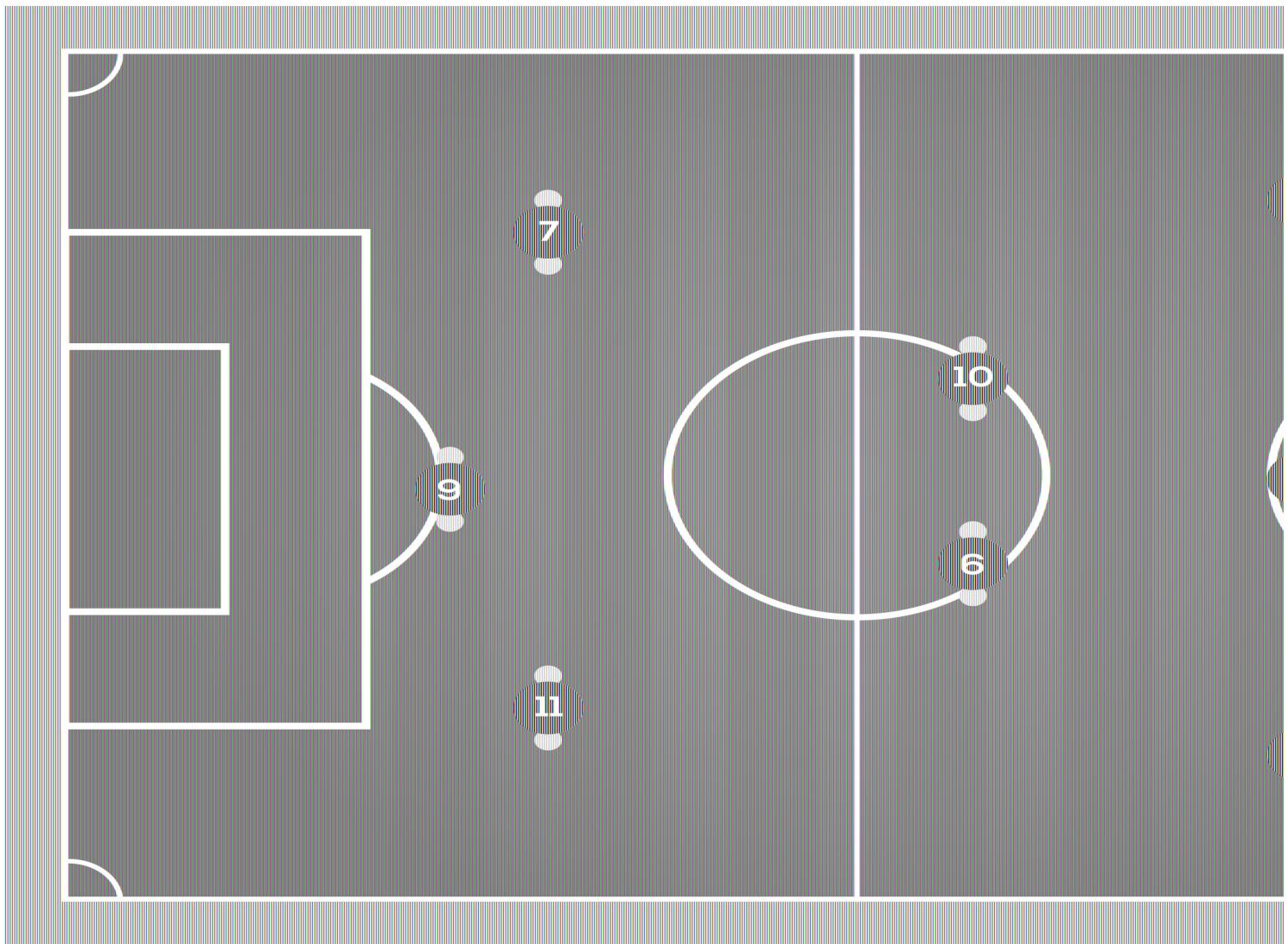
- 1. All players attack and all players defend: All players must be involved in the game as a unit.
- 2. Numerical advantage: Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.
- 3. Flow of the ball: The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.
- 4. Triangle principle and passing options: The player in possession of the ball must receive constant support and have at least two passing options.
- 5. Speed of play: Quick movement of the ball creates 2v1 situations.
- 6. Movement off the ball: Find the best available space to create passing options for the player in possession of the ball.
- 7. Pressure as a unit: Organized pressure forces the opponents to commit errors.
- 8. Transition: Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.
- 9. Direction of the game: The game flows in two directions. Keep the essence of the game in the majority of your practices.
- 10. Take initiative during the game: Team breakdowns will occur. The team must be capable of adapting to new situations and imposing its own style of play during the game.



TACTICAL

In Game Formations and Systems of Play

Teams at U11/U12 will play 9v9 on a 50 x 75 yard field.
Preferred System of 1-3-2-3 (GK, 3 DEF, 2 MID, 3 FWD)



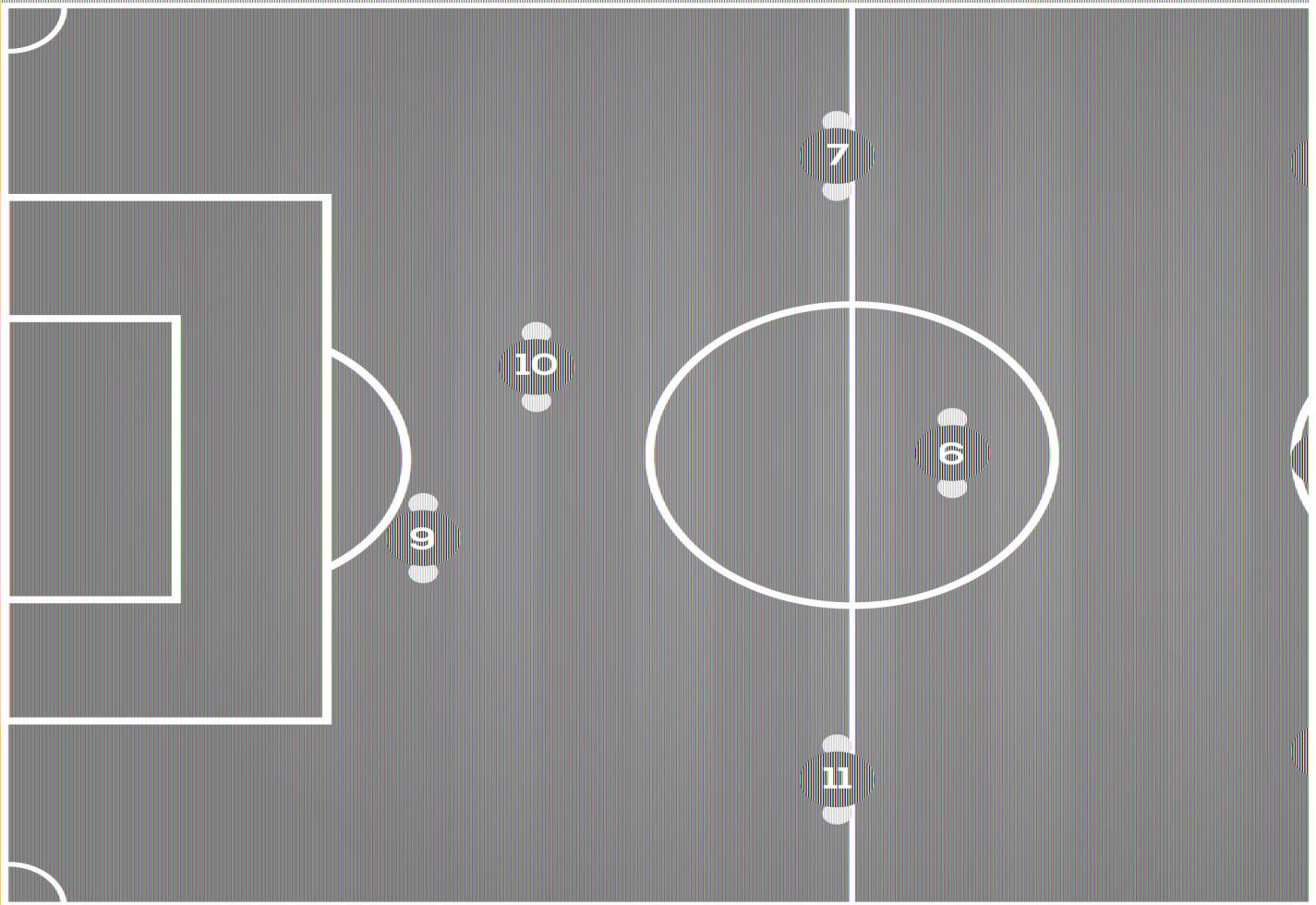
1-3-2-3 System allows the players flexibility attacking and defensively. 7 and 11 and play high and wide/high and narrow or drop deeper to help 6 and 10 defend. This system allows triangles to be made all over the field for effective build up play and support of the player in possession.



TACTICAL

In Game Formations and Systems of Play

Teams at U11/U12 will play 9v9 on a 50 x 75 yard field.
Secondary System of 1-3-3-2 (GK, 3 DEF, 3 MID, 2 FWD)



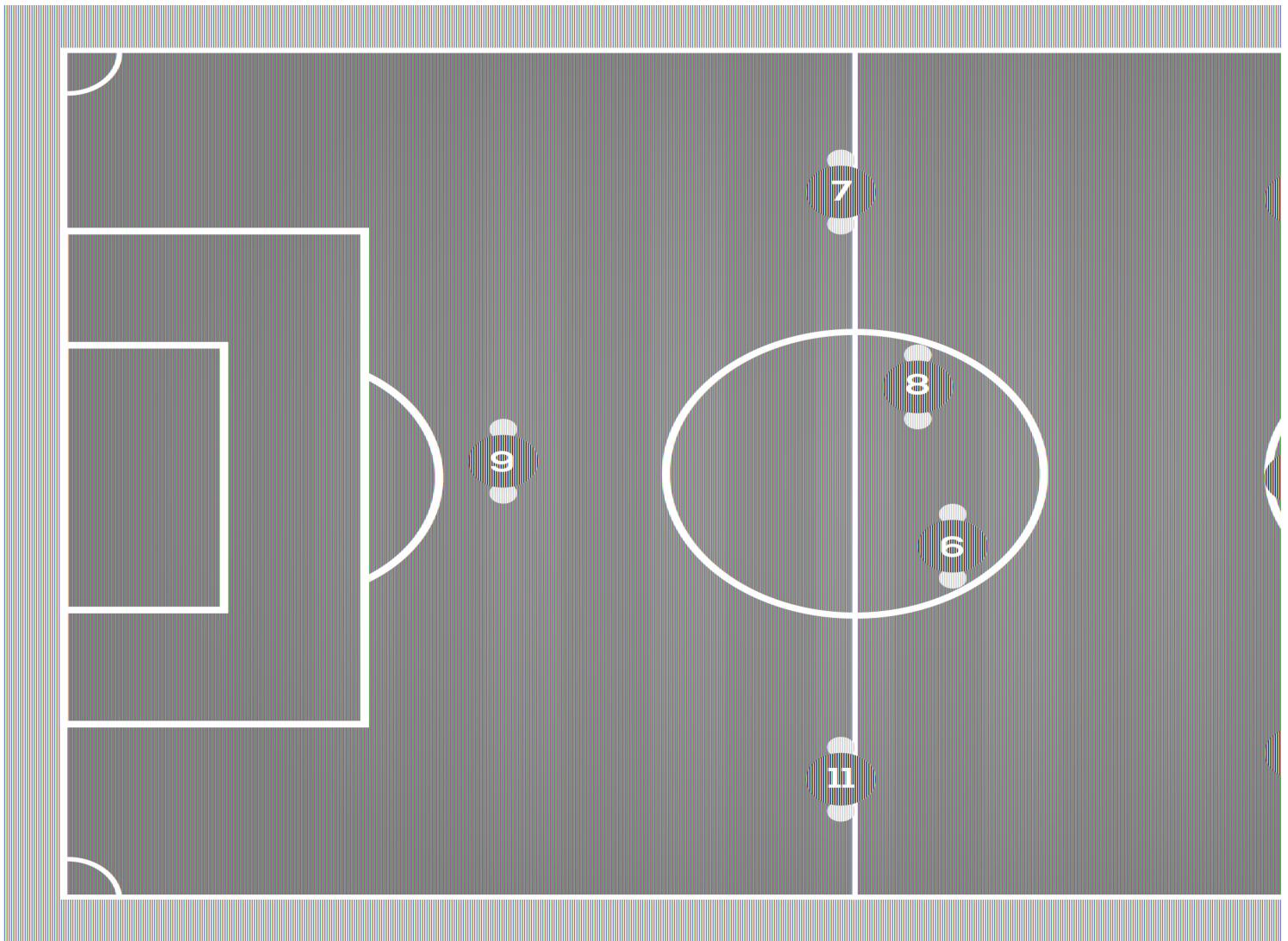
1-3-3-2 System allows the players flexibility attacking and defensively. 2 and 7 along with 3 and 11 can link up effectively to attack in the wide areas. 9 and 10 can also combine and work together to create chances. Possible drawbacks can be the isolation of 6 in the middle defensively and also passing lanes become too straight if players movement is not effective.



TACTICAL

In Game Formations and Systems of Play

Teams at U11/U12 will play 9v9 on a 50 x 75 yard field.
Optional System of 1-3-4-1 (GK, 3 DEF, 4 MID, 1 FWD)



1-3-4-1 System allows defensive shape and players behind the ball. This system is great for games where you may be outmatched by the opponent. Possible drawbacks can be the isolation of 9 and the lack of players in attacking areas to create chances.



PSYCHOSOCIAL

Aspects of Psychosocial

PSYCHOSOCIAL

BASIC

1. Motivation
2. Self Confidence
3. Cooperation
4. Decision-determination

ADVANCED

5. Competitiveness
6. Concentration
7. Commitment
8. Self Control

SOCIAL

9. Communication
10. Respect & Discipline



PHYSICAL

Aspects of Physical

- There will still be a noticeable difference in the physical maturity of players.
- The emphasis is still focused on all physical conditioning being received within the context of the practice session activities.

Physical

- Explosive Strength
- Aerobic Capacity
- Reaction
- Speed
- Acceleration
- Maximal Speed
- Speed Endurance
- Flexibility and Mobility
- Coordination
- Balance
- Agility
- Basic Motor Skills
- Perception and Awareness





PRACTICE SESSIONS

Practice Session Planning

- Planning – a successful practice session will require good organization and time management. Make sure that you have the correct equipment laid out before the session starts. Keep all players motivated and challenged by having sufficient, logical progression. Simple to Complex. Have a clear theme to your session and tell the players what it is.
- Explanation – have the complete attention of all players when you are talking. Keep explanations as brief (90 seconds Max) and simple as possible and ask guided questions to make sure that all players have understood.
- Demonstration – keep demo slow, simple and technically correct. Progress to game speed. Stress key points of technique being demonstrated and encourage players to demonstrate.
- Play – playing should take up the lion's share of your session. This is an opportunity to analyze, intervene and correct when it is necessary. Look for coachable moments (concentrate on the main teaching point of your session), freeze play or coach in the flow of the game. If needed correct what went wrong and have the players practice the situation again. This need only be done 3 or 4 times during a game.
- Set High Standards – Keep your expectations clear and simple (punctuality, appropriate dress – shin guards, behavior, language, sportsmanship, teamwork) and reinforce them. Be enthusiastic and always create a positive learning environment for your players.





PRACTICE SESSIONS

Practice Session Planning

All Practice sessions should be planned before arriving at the field with a topic, exercises and coaching points. Practice sessions should be split into four exercises/games. Each exercise should have a start and end time with an overall progression in the chosen topic. All sessions should end with a scrimmage/game.

- **Warm up (20 mins)**

A warm-up should be a fun and enjoyable start to your training, which gets your players in the right frame of mind, mentally and physically, for the session ahead. Your training should now have a clear progression and the warm-up should lead into the theme for the session.

- **Skill Building/Technical Work (20-25 mins)**

The warm-up should be followed with coaching the basic techniques of your session topic. This will involve individual or group activity and players will get a lot of repetition to practice and improve on the technical theme for the session.

- **Skill Building Games (20-25 mins)**

These games are designed to be high energy, fun activities that reinforce the basic techniques practiced above.

- **Game (20-25 mins)**

Teams can vary from 5v5, 6v6 or 7v7 depending on roster size. This should be an unconditioned game with full soccer rules in place. These games are perceived as real by the players and are used to improve skills, develop skill concepts and introduce some basic tactical awareness in a fun and challenging environment. Players may be starting to find specific roles within the team. These roles need to be reinforced during practice games.

- **Session debrief (3-4 mins)**

Coaches should take a few minutes at the end of each session to debrief with the players. Go over coaching points and ask guided questions. Ask the players what they liked and didn't like about the session.



12 WEEK PLANS

12 Week Practice Plans or Macrocycle Plans are used to make sure all practice topics are covered with enough time for players to understand and progress at each topic. Each practice should follow the plan and have progressions so the topic/technique becomes more complex as the players get better.

Coaches should NOT plan each practice based off player mistakes during the weekends game.

Example of a Simple 12 Week Practice Plan

WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8	WEEK 9-10	WEEK 11-12
TOPIC EXAMPLES Topics would rotate in the 12 week cycle to be covered over 2-4 sessions Sessions would start with the simple concept and progress to the complex. This may also take place over many sessions and would transfer over to the next 12 week cycle. Coaches will need to repeat the topics to check for understanding and to progress the topic further.	Attacking in the final 1/3 Attacking in the middle 1/3 Attacking in the DEF 1/3 (Building out of the back) Attacking in the middle with 6, 8, 9, 10 Wide Attacking play with 7, 11, 2 and 3 Attacking by changing the point of attack Attacking combination play	DEF in the final 1/3 DEF in the middle 1/3 DEF in the DEF 1/3 (Defending the goal) DEF in the wide areas with 7, 11, 2, and 3 DEF in the middle with 6, 8, 10, 4 or 5 DEF 1v1 2v2 3v3 etc DEF overloads 3v4, 2v4, 3v5 etc	Attacking in the final 1/3 Attacking in the middle 1/3 Attacking in the defensive 1/3 (Building out of the back) Attacking in the middle with 6, 8, 9, 10 Wide Attacking play with 7, 11, 2 and 3 Attacking by changing the point of attack Attacking combination play	DEF in the final 1/3 DEF in the middle 1/3 DEF in the DEF 1/3 (Defending the goal) DEF in the wide areas with 7, 11, 2, and 3 DEF in the middle with 6, 8, 10, 4 or 5 DEF 1v1 2v2 3v3 etc DEF overloads 3v4, 2v4, 3v5 etc	Attacking in the final 1/3 Attacking in the middle 1/3 Attacking in the defensive 1/3 (Building out of the back) Attacking in the middle with 6, 8, 9, 10 Wide Attacking play with 7, 11, 2 and 3 Attacking by changing the point of attack Attacking combination play



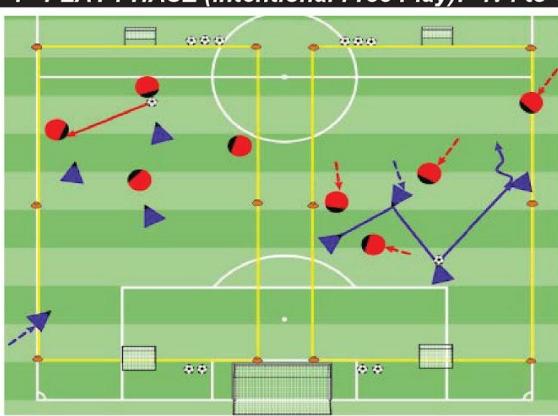
ATT Session Ex.

AGE GROUP	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half				
11U-12U	PLAYER	Spread out, Pass/dribble forward, Support the attack				
	KEY QUALITIES	Make decisions, Be proactive , Focus, Optimal technical abilities				
9v9	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	16 Players

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (intentional Free Play): 4v4 to Goal

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To pass or dribble the ball forward

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: Set up two or more 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 6v4 to Goal & 3 Counter Goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown on diagram. Select 5 Blue attackers, a goalkeeper and 4 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). Switch players every interval.

KEY WORDS: Opening, Connect, Take space, Help.

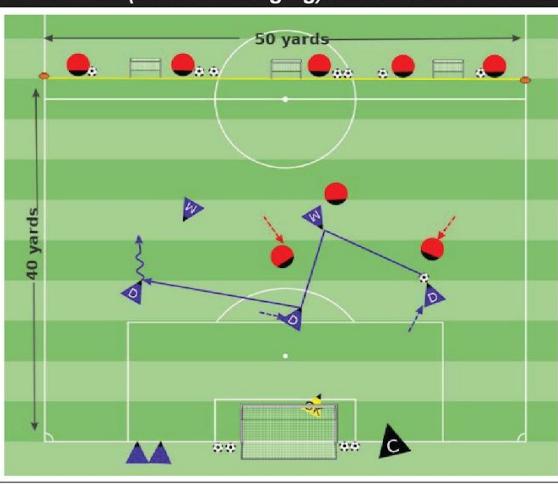
GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 6v3 to Goal & Counter Goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown on the diagram. Select 5 Blue attackers, a goalkeeper, and 3 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). Switch players every interval.

KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and/or space in front.

Note – Switch to this activity if the CORE is too difficult for the players



ATT Session Ex. Continued

PRACTICE (More Challenging): 6v5 to Goal & Counter



DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown on the diagram. Select 5 Blue attackers, a goalkeeper, and 5 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). Switch players every interval.

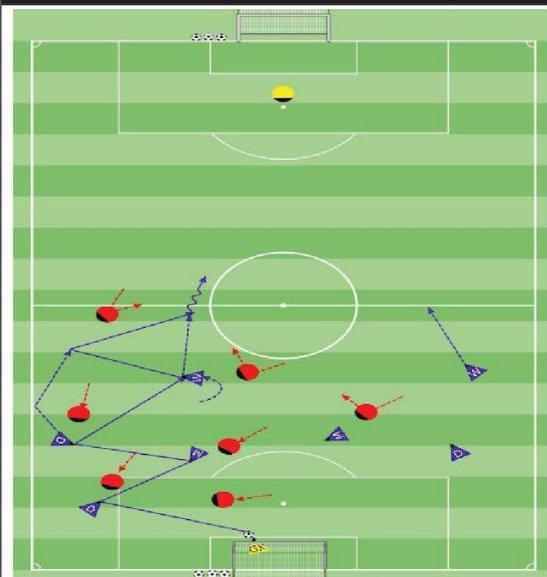
KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and/or space in front.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)



DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

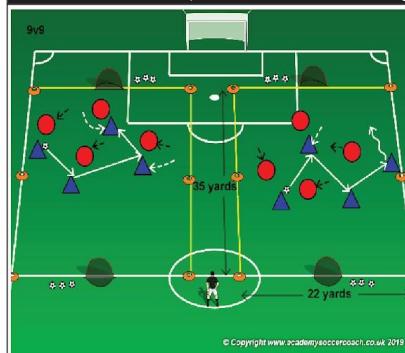
1. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?



Attacking session EX

		GOAL:	Improve the build up in the opponent's half in order to create scoring chances 1				AGE GROUP
		PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1				11U-12U
		KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
		MOMENT	Attacking	DURATION	60 min	PLAYERS	16
							9v9

1st PLAY PHASE (Intentional Free Play): 4v4 to Goal | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



OBJECTIVE: To pass or dribble forward to find or create openings.

PLAYER ACTIONS: Pass or dribble forward and Support the attack.

ORGANIZATION: In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

KEY WORDS: Dribble, Pass and Help to connect.

GUIDED QUESTIONS: 1. When should you dribble forward? 2. Where can we support the player with the ball? 3. Why do we pass forward?

ANSWERS: 1. When you are in a 1v1 or have space in front - 2. Behind, to the sides, or in front making a diagonal passing lane - 3. To connect through an opening with a teammate or to shoot at goal.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

PRACTICE (Core Activity): 5v6 to Goals & an End Zone | DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min



OBJECTIVE: To pass and dribble the ball to find and create openings in order to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. How can we create openings? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

ANSWERS: 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (More Challenging): 5v7 to Goal & an End Zone | DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min



OBJECTIVE: To pass and dribble the ball to find and create openings in order to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. How can we create openings? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

ANSWERS: 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

Note: Switch to this activity if the Core is too easy for the players.

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK) | DURATION: 20 min --- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 min



OBJECTIVE: To pass and dribble the ball to find and create openings in order to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-3-2 formation and the Red team will play in a 1-3-4 formation.

KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

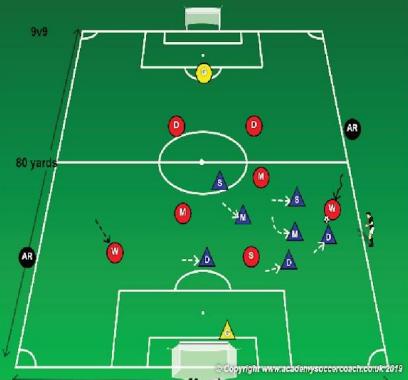
GUIDED QUESTIONS: 1. What do we do if we can't go forward with the ball? 2. Why do we need to get wide? 3. Where do we need to support in order to create a chance to combine?

ANSWERS: 1. We move the ball until we find an opening to go forward - 2. We spread out to create an opening - 3. Support by standing away and to the side of the defender creating a diagonal passing lane.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.



Defending session EX

		GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2				AGE GROUP
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance				11U-12U	
	KEY QUALITIES	Read the game, Be pro-active , Focus					
MOMENT	Defending	DURATION	60 min	PLAYERS	16	9v9	
1st PLAY PHASE (Intentional Free Play): 4v4 to Goal	DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min						
 <p>OBJECTIVE: Deny penetration to prevent scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Pressure, cover and balance.</p> <p>ORGANIZATION: In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p>KEY WORDS: Block the way, Press, Close the openings.</p> <p>GUIDED QUESTIONS: 1. How can we prevent the ball from moving forward? 2. Who should press the attacker with the ball? 3. What can we do to close the openings?</p> <p>ANSWERS: 1. Block the way forward to protect the goal - 2. The defenders closest to the ball - 3. We need to make it and keep it compact to close the openings.</p> <p>Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>							
PRACTICE (Core Activity): 6v5 to Goal & End Zone	DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min						
 <p>OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.</p> <p>PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.</p> <p>ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Rotate players every round.</p> <p>KEY WORDS: Block the way, Press, Close the openings.</p> <p>GUIDED QUESTIONS: 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?</p> <p>ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.</p> <p>Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p>							
PRACTICE (More Challenging): 6v7 to Goal & End Zone	DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min						
 <p>OBJECTIVE: Deny penetration to prevent scoring chances and regain the ball.</p> <p>PLAYER ACTIONS: Protect the goal, Make it and keep it compact, Pressure, cover and balance.</p> <p>ORGANIZATION: In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Rotate players every round.</p> <p>KEY WORDS: Block the way, Press, Close the openings.</p> <p>GUIDED QUESTIONS: 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?</p> <p>ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.</p> <p>Note: Switch to this activity if the Core is too easy for the players.</p>							
2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)	DURATION: 20 min --- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 min						
 <p>OBJECTIVE: To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.</p> <p>PLAYER ACTIONS: Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.</p> <p>ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue will play in a 1-3-2-2 formation and the Red team will play in a 1-2-4-1 formation.</p> <p>KEY WORDS: Block the way, Press, Close the openings.</p> <p>GUIDED QUESTIONS: 1. Who should press the ball and block the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?</p> <p>ANSWERS: 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.</p> <p>Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>							



Defending session EX

PLAYER ACTIONS

Improve preventing the opponent from scoring goals - 2

KEY QUALITIES

Protect the goal, Pressure, Cover & Balance, Outnumber the opponent

MOMENT

Make decisions, Be proactive, Focus

DEFENDING

DURATION

60 minutes

PLAYERS

16

U11-U12

9v9

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)



DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

OBJECTIVE: Deny Scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure and Cover.

ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 rounds for a total of 20 minutes with two 1.5 minute breaks. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Hassle, Help.

GUIDED QUESTIONS: 1. What do we need to do to block the shot? 2. How can we hassle the opponent with the ball? 3. Where should the other defenders help?

ANSWERS: 1. Get a defender in front of the ball to protect the goal - 2. Pressure the attacker - 3. They should be providing cover behind the pressing defender.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

CORE ACTIVITY: 6v5 to regular goals



OBJECTIVE: Deny Scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

ORGANIZATION: In our half of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 5 Red players: 1GK, 1 midfielder, 2 wingers and 1 striker will try to score in the Blue's goal. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Hassle, Help and Double.

GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

MORE CHALLENGING: 6v6 to regular goals



OBJECTIVE: Deny Scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

ORGANIZATION: In our half of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 6 Red players: 1GK, 1 midfielder, 2 wingers and 2 strikers will try to score in the Blue's goal. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Hassle, Help and Double.

GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.

Note: Switch to this activity if the Core is too easy for the players.

DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

2nd PLAY PHASE: The Game – 8v8



OBJECTIVE: Deny Scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the red team will play in 1-2-3-2 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Hassle, Help and Double.

GUIDED QUESTIONS: 1. Why do we want to block the shot? 2. When should we hassle the attacker with the ball? 3. When should we hassle the attacker with the ball? 3. How can the other defender help the pressing defender? 4. What should we do to double team the attacker with the ball?

ANSWERS: 1. To protect the goal - 2. We put pressure as soon as he is about to receive the ball - 3. By providing cover and balance - 4. Outnumber the attacker with the ball.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.



COACHING

All Coaches are responsible for the following

- planning each session and developing their own 12 week Plan.
- Understanding the technical breakdown of each action or movement and be able to communicate that to their players.
- Understanding their own coaching points as they relate to the topic they are coaching and find effect ways to communicate them to their players.
- Be Flexible in your sessions. If you plan for 15 players but only get 12 at your sessions you need to be able to adapt in order to accommodate less players.
- Coaches practice sessions should flow from one exercise/game to the next with minimal down time. The last thing the players should be doing is standing around waiting for a coach.
- All Practice sessions should be set up before the practice start time.

If any coach has any questions regarding technical breakdown, coaching points, session ideas etc.. please contact either the Technical Director or Director of Coaching.

